



Motorcycle Safety

How to Stay Safe When Operating a Motor Vehicle

What is the Problem?

Motorcycles are more likely to be involved in a fatal collision with a fixed object than are other vehicles; in 2011 23 percent of motorcycles involved in fatal crashes collided with a fixed object.¹ In 2011, 81,000 motorcyclists were injured and 4,612 were killed in motor vehicle crashes.²

Who is at Risk?

Motorcycle riders represent almost every demographic group in the country.³ In 2010, more than half the people killed in motorcycle crashes were 40 or older.⁴ Twenty-eight percent of motorcycle riders who died in 2010 had a blood alcohol concentration that was at or above the legal limit of .08 g/dL.⁵



Prevention Tips

When you ride your motorcycle, follow these tips to stay safe:

- Wear a DOT-approved helmet.⁶
- Never ride your motorcycle after drinking. Alcohol greatly impairs your ability to safely operate a motorcycle. If you have been drinking, get a ride home or call a taxi.⁶
- Stop friends from riding impaired. Take their keys away.⁷
- Wear protective clothing that provides some level of injury protection. Upper body clothing should also include bright colors or reflective materials, so that other motorists can more easily see you.⁸
- Avoid tailgating.⁹
- Maintain a safe speed and exercise caution when traveling over slippery surfaces or gravel.¹⁰



Plan of the Week (POW):

Many motorcyclists are also members of the military. Abiding by regular safety measures such as wearing your helmet, maintaining safe speed and distance, and driving without aggression will prevent injuries and fatalities on the road.¹¹ Most importantly **DON'T** drink and drive.¹²

References

- 1, 2 US Department of Transportation. Traffic Safety Facts 2011 Data: Motorcycles. <http://www-nrd.nhtsa.dot.gov/Pubs/811765.pdf>. Updated May 2013. Accessed 29 October 2013.
- 3-5 Centers for Disease Control and Prevention (CDC). Motorcycle Safety Guide: People Who Ride, People Who Die. <http://www.cdc.gov/motorvehiclesafety/mc/guide/ride.html>. Updated 13 June 2012. Accessed 29 October 2013.
- 6-12 Centers for Disease Control and Prevention (CDC). Motorcycle Crash-Related Data. <http://www.cdc.gov/Features/dsMotorcycleSafety/>. Updated 14 June 2012. Accessed 29 October 2013.

NMCPHC Injury Prevention and Violence Free Living Webpage

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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